For a well-balanced meal, use the “my plate” technique which includes 3 or more food groups with at least one fruit or vegetable, and one protein or dairy source, based on your food preferences and portion needs.

**Breakfast**

**Fruit & Yogurt Parfait** - yogurt, fruit, granola

**Cereal with milk, whole fruit** - Whole grain cereal, milk, whole fruit

**Granola bar, yogurt or cheese stick, whole fruit or 100% fruit juice**

**Eggs (your choice), red skin potatoes, fruit compote** (Kennedy Commons)

**Oatmeal & Fruit** - Whole grain steel cut oats made with milk and topped with your favorite fruit (ex. raisins, blueberries, raspberries, strawberries) (Sloopy’s Diner & Traditions)

**Honey Grain Whole Wheat Bagel with peanut butter, fruit** - Whole grain bagel spread with peanut butter, paired with whole fruit or 100% juice (12th Ave Bread Co.)

**Tropical Green Smoothie** - pineapple, banana, spinach and soy milk (RPAC Juice 2)

**Sambazon bowl** - Acai berries topped with fruit and granola (RPAC Juice 2 or Espress-OH)

**Bagel sandwich** - Whole grain bagel, egg, cheese, paired with whole fruit (Oxley’s by the Numbers Café)

**Egg Omelet** - Design your own! Mushroom, onion, spinach, peppers, tomato, bacon, ham, cheddar cheese blend, Monterey jack (Kennedy Traditions, Scott Traditions)

**From the Garden** - one egg and two egg whites with onion, broccoli, green pepper, mushroom, tomato, and Monterey jack cheese. (Sloopy’s Diner)

**Lunch & Dinner**

**Penne with whole wheat noodles, meat sauce, side salad, milk** (Traditions, Union Market, Marketplace)

**Vegetable Beef soup, whole grain toast or roll, apple, milk** (Traditions, Union Market, Marketplace)

**Deli Sandwich** - Turkey, whole grain bread, lettuce, tomato; paired with cheese or milk (Marketplace or Union Market Deli)

**Veggie Tofu wrap** - Tortilla with tofu, cheese, veggies and dressing (Marketplace Deli)

**Curry Chickpea Wrap** - Tortilla with chickpeas, raisins, veggies, dressing (Cafes and other grab’n go places)

**Southwestern Penne with Chicken** - Pasta with chicken, black beans, corn and tomatoes (RPAC Courtside)

**Chipotle Quinoa and Vegetables** - Quinoa, black beans, tomatoes and corn (RPAC Courtside)

**Hummus Box** - Hummus with veggies (cucumbers, tomatoes, carrots) and multiseed crackers (RPAC Courtside and other grab ’n go places)

**Burrito Bowl** - Design your own! Brown rice, tofu or meat, black beans, corn salsa, lettuce and guacamole (Curl Market)
Lunch & Dinner, continued

**Black Bean Quinoa Burger** - Quinoa, black bean, mushrooms, avocado, tomato on whole wheat bun *(RPAC Courtside)*

**Mediterranean Veggie Wrap** - Artichoke hearts, bell pepper, eggplant, and mushroom in a whole wheat tortilla *(RPAC Courtside)*

**Chipotle Quinoa with Lime Cream** - Chipotle seasoned quinoa with roasted corn, tomatoes, and black beans covered in a lime cream sauce *(RPAC Courtside)*

**Vegetarian Burger** - Burger made from brown rice, roasted corn and bell peppers *(Union Market and Traditions)*

**Turkey and Muenster Sandwich** - With lettuce and tomato on wheat *(Oxley’s)*

**Thai Chicken & Rice** - Grilled chicken, bell peppers, carrots, basil, celery, onions, broccoli, mushrooms, rice, lime plum sauce and crunch peanut *(Marketplace)*

**Grilled Chicken Sandwich** - Chicken on a whole wheat bun, lettuce, tomato, cheese *(Union Market)*

**Quinoa Salad** - Kale cooked quinoa, grapes, Dijon balsamic vinaigrette *(Marketplace, Union Market, Traditions)*

**Assorted Sushi** - Rice, fish, avocado, carrot and cucumber *(Marketplace, Curl Market)*

**Soup, mixed vegetables, rice** - Red beans, Caribbean vegetable blend, herbed rice pilaf *(Morrill Commons)*

**Sweet Potato and Bean Enchiladas** - Black beans, sweet potatoes, cheddar and Monterey cheese, and verde tomatillo salsa in a tortilla *(Scott Traditions)*

**Korean Chicken Taco** - BBQ Chicken, green onion, pickled sauce, and cilantro *(Thyme & Change)*

**Ultimate Veggie Club** - Roasted red pepper hummus, tomatoes, red onion, cucumber, sprouts, and spinach on Seedlicious bread *(12th Ave. Bread Co.)*

**Power Green Salad** - Kale, quinoa, red grapes, romaine lettuce, blueberries, strawberries, almonds, and feta cheese *(Terra Byte Café, Curl Market)*

**Kale and Quinoa Salad** - Grab ’n go locations

**Salad** - Build your own! Meat or meat alternative (chicken, turkey, ham, edamame, eggs, tofu), cheese, assorted veggies, dressing *(Traditions, Union Market, Marketplace)*

**Mongolian Stir Fry** - Build your own! Mongolian wok meat or tofu, sautéed veggies, long grain rice and teriyaki sauce *(Scott Traditions)*

**Grain Bowl** - Build your own! Brown rice with grilled chicken and roasted vegetables *(Marketplace)*

Look for the Healthy Buckeye Choice icon on menus at dining facilities on campus for healthy options.